

PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | EFFECTIVE APRIL 2018

MORNING

MONDAY

**CYCLING/
 BODYPUMP
 EXPRESS 30**
 6:00 - 7:00
 Jennifer (GFS) **I/A**

STRENGTH
 8:00 - 8:50
 Dena T. (GFS) **I/A**

EXERCISE LITE
 8:00 - 8:50
 Sara H. (MBS) ♥ **65**

AQUA FIT
 8:30 - 9:25
 Berta (POOL) ♥ **65**

CYCLING
 9:00 - 9:50
 Linda J. (GFS) **I/A**

GENTLE YOGA
 9:30 - 10:50
 Michael G. (MBS) ♥ **65**

BODYPUMP®
 10:00 - 11:00
 Jaci (GFS)

TUESDAY

CYCLING
 6:00 - 6:50
 Jennifer (GFS)

STEP
 8:00 - 8:50
 Dena T. (GFS)

CXWORX™
 8:10 - 8:55
 Kristin U. (MBS)

AQUA FIT/DEEP
 8:30 - 9:25
 Terri W. (POOL) ♥ **65**

CYCLING
 9:00 - 9:50
 Vince (GFS) **NEW**

POWER YOGA
 9:00 - 10:20
 Celine (MBS) **I/A**

**BODYPUMP
 EXPRESS 45®**
 10:00 - 11:00
 Jennifer (GFS) **NEW**

CORE FIT
 11:00 - 11:50
 Celine (MBS)

WEDNESDAY

EXERCISE LITE
 8:00 - 8:50
 Sara H. (GFS) ♥ **65**

STRENGTH
 8:00 - 8:50
 Becky H. (MBS)

AQUA FIT
 8:30 - 9:25
 Andrea (Pool) ♥ **65**

TREADMILL
 8:30 - 9:00
 Kristin U. (CTC)

CYCLING
 9:00 - 9:50
 Jennifer (GFS)

GENTLE YOGA
 9:30 - 10:50
 Michael G. (MBS) ♥ **65**

BODYPUMP®
 10:00 - 11:00
 Kristin U. (GFS)

THURSDAY

CYCLING
 6:00 - 6:50
 Alison (GFS)

STRENGTH
 8:00 - 8:50
 Dena T. (GFS) **I/A**

CXWORX™
 8:10 - 8:55
 Jennifer (MBS)

AQUA FIT/DEEP
 8:30 - 9:25
 Terri W. (POOL) ♥ **65**

CYCLING
 9:00 - 9:50
 Jennifer (GFS) **NEW**

POWER YOGA
 9:00 - 10:20
 Harumi (MBS) **I/A**

**BODYPUMP
 EXPRESS 45®**
 10:00 - 11:00
 Kristin U. (GFS) **NEW**

FRIDAY

CYCLING
 8:00 - 8:50
 Cindy (GFS)

BENDER BALL
 8:00 - 8:50
 Kristin U. (MBS)

AQUA FIT
 8:30 - 9:25
 Berta (POOL) ♥ **65**

ZUMBA®
 9:00 - 9:50
 Cindy (GFS) **7+**

GENTLE YOGA
 9:30 - 10:50
 Michael (MBS)

BODYPUMP®
 10:00 - 11:00
 Jennifer (GFS)

SATURDAY

CYCLING
 7:00 - 7:50
 Vince/Kelli (GFS)

EXTREME FIT
 8:00 - 8:50
 Multi (GFS) **I/A**

PILATES
 8:00 - 8:50
 Michelle (MBS)

AQUA FIT
 8:00 - 8:55
 Pam (POOL) ♥ **65**

**BODYPUMP
 EXPRESS 45®**
 9:00 - 9:50
 Donna (GFS)

KIDS ONLY FIT
 10:00 - 10:50
 Becky H. (GFS) **5+**

CXWORX™
 10:00 - 10:45
 Maria A. (MBS) **NEW TIME**

YOGA FLOW
 11:00 - 11:50
 Maria A. (MBS) **NEW TIME**

SUNDAY **VINYASA YOGA**
 9:15 - 10:35
 Harumi (MBS)

AFTERNOON

MONDAY

FUSION YOGA
 4:15 - 5:35
 Claire F. (MBS)

ZUMBA®
 5:30 - 6:20
 Tabatha (GFS) **7+**

STRENGTH
 5:45 - 6:35
 Laura A. (MBS)

AQUA FIT/DEEP
 6:00 - 6:55
 Berta (POOL) ♥ **65**

CXWORX™
 6:30 - 7:15
 Maria (GFS)

TUESDAY

CHAIR YOGA
 12:30 - 1:20
 Carol (MBS) ♥ **65**

STEP/STRENGTH
 5:30 - 6:20
 Donna B. (MBS)

BODYPUMP®
 5:30 - 6:30
 Dean (GFS)

HATHA YOGA
 6:30 - 7:20
 Harumi (MBS) **7+**

WEDNESDAY

KIDS ONLY FIT
 4:15 - 5:05
 Dovie (GFS) **5+**

FUSION YOGA
 4:15 - 5:35
 Claire F. (MBS)

ZUMBA®
 5:30 - 6:20
 Cindy W. (GFS) **7+**

CXWORX™
 6:30 - 7:15
 Kristin S. (GFS)

THURSDAY

CHAIR YOGA
 12:30 - 1:20
 Carol (MBS) ♥ **65**

BODYPUMP®
 5:30 - 6:30
 Valery (GFS)

FRIDAY

FUSION YOGA
 4:15 - 5:35
 Harumi (MBS)

**The Y is closed on Sunday, April 1
 in observance of Easter.**

REMINDERS:

- Schedule subject to change without prior notice.
- Please check website for most up-to-date information and subs.
- For class descriptions and levels see class description flier at the Welcome Center.
- Please do not enter studio after class has begun.

FREE CHILDWATCH AVAILABLE with Family Membership (Ages 6weeks to 12 years)

NEW New Classes added to the Y.

5+ 5+ Children ages 5-12 and parent/guardian must actively participate together.

7+ 7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.

♥ **Y ACTIVE ADULTS** Activities designed for older adults.

★ **GETTING STARTED** A great place to begin or restart your exercise program.

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

LOCATIONS:

(GFS) Group Fitness Studio **(FCTR)** Fitness Center
(MBS) Mind Body Studio **(GYM)** Gymnastics Center
(POOL) Outdoor Pool

CHILDWATCH HOURS

M-F 7:45am-12:00pm | 3:45pm-7:30pm
 Sat 7:45am-1:00pm
 Sun Closed

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:

Jennifer Martinez Group Fitness Coordinator Palomar Family YMCA of San Diego County
 760-745-7490 • JMartinez@ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISES CLASSES INCLUDED WITH MEMBERSHIP AT PALOMAR FAMILY YMCA

Non-members pay the appropriate day use fee. Current group exercise class schedules are available at the Welcome Center and on our website.

CLASS BENEFITS:

| Flexibility | Cardiovascular Fitness | Core Stability | Balance | Muscular Strength | Cognitive Health |
|---|---|---|--|--|---|
| Enhances the mind/body connection improving coordination and reducing stress. Enhances joint range of motion. | Strengthens the heart and lungs for efficiency. | Strengthens the deep abdominal muscles and improves postural alignment. | Improves proprioception and reduces the risk of falling. | Increases strength and enhances muscular development and coordination. | Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. |

CARDIO & STRENGTH

BODYPUMP® & BODYPUMP® Express

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

Core Fit

Strengthen your abs, obliques, lower back and more in this core-focused class.

CXWORX™

CXWORX™ A pre-choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance, tubes and weight plates.

Cycling

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Exercise Lite

Low impact workout followed by strength and stretching exercises. May include floor work.

Extreme Fit

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

Step

High energy choreographed workout that uses adjustable step (step-board optional).

Strength

A full body strength and conditioning class using a variety of equipment.

Treadmill

Instructor-led treadmill interval training workout.

Zumba®

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

Gentle Yoga

Breathing and relaxation in postures that are gentle on the joints.

Hatha Yoga

Series of traditional postures that release tension and stress.

Pilates

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

Power Yoga

Dynamic and challenging high-energy workout for experienced yogis.

Vinyasa Yoga

Series of poses that unite movement with breath.

KID-ORIENTED CLASSES

Kids Only Fit (5-12)

5-12 age appropriate exercises. Parent/Guardian must remain in facility and sign-in is required.

MIND & BODY

Bender Ball®

Movements to enhance core activity through Pilates and functional training exercises.

Chair Yoga

Enjoy the benefits of yoga utilizing a chair for support.

Fusion Yoga

Enjoy the exploration of different yoga styles.

WATER EXERCISE

Aqua Fit

Low impact water exercise in shallow water. Non-swimmers welcome.

Aqua Fit/Deep

Non-impact exercise in deep water with assistance of a flotation belt.